



## Tallaalada Lagu taliyay Da'aha 11-12: Waxa Waalidku ay tahay inuu Ogaado

### Sababtee ilmahagu tallaal hadda ugu baahanyahay?

Tallaalada carruurta yaryar oo kaliya looguma talo gelin. Qaar ka mid ah tallaalada caruurta way duugoobi karaan marka ciyaalku waynaado. Marka uu carruurta koraan waxaa gaadhi kara cuduro ka duwan kuwii dhallaanka markay ahaayeen ah. Waxaa jir tallaa ka caawin kara ilmahaaga ka yar kurayga ama kurayga inuu ka ilaaliyo cuduradan kale.

### Tallaalkee ilmahagu u baahanyahay?

#### Tallaalada Tdap

Tallaalkan waxa uu caawiyaa ka hortagga saddexda cudur ee halistan ah: teetanada, qowracada, iyo kixda (kixda) Carruurta yaryar waa inay helaan Tdap da'da 11 ama 12. Haddii kuraygaagu aanu helin Tdap mudista ah sidii ilma ka yar kuray, waydii dhakhtarka ama kalkaalisada wax kus aabsan cirbada hadda.

#### Tallaalada Meningococcal

Tallaalka Meningococcal ee laga sameeyo antijiinka waxa uu ka hortaggaa qaar ka mid ah bakteeriyada sababi karta maaninjaytiska (bararka dahaadhka kuwareegsan maskaxda iyo xangulaha) iyo sumowga dhiiga (caabuqa dhiiga). Carruurta ka yar kurayda waxay u baahanyihiin tallaalka maaninjaytiska u horeeya marka ay yihiin 11 ama 12 sano jir iyo cirbada da'da 16. Kurayda qaatay cirbada tallaalka maaninjaytiska marka ay ahaayeen 13, 14, ama 15 sano jir weli waa inay helaan cirbada labbaad da'da 16. Kurayda waa wayn ee aan qaadan wax cirbada maaninjaytiska ah waxay qaataan hal tallaal sida ugu dhakhsaha badan ee suuragalka ah.

#### Tallaalada HPV

Tallaalada Human papillomavirus (HPV) waxa uu ka caawiyaa ka hortagga hablaha iyo inamada cudurka HPV iyo kansarka ay sababto HPV. Dhammaan carruurta kurayda ka yar markaas waxaa laga hortagi karaa cudurada HPV ee sabab kansarka. Tallaalada HPV waxaa mudditaano taxane ah oo la siiyo dhowr bilood. Kurayda iyo dhalin yarta aan bilaabin ama dhammaysan tallaalka taxanaha ah ee HPV sidoo kale waxya u baahanyihiin tallaalka HPV. Qaabka ugu wanaagsan ee lagu xasuusto in ilmahaagu helo tallaalka dhammaan mudditaankiisa waxay u baahanyihiin inay ballan ka samaystaan cirbada hadhay ka hor inta aanad ka tegin xafiiska dhakhtarka ama rugta caafimaad.

#### Tallaalada Hargabka

Tallaalada hargabka sanadlaha ah waa qaabka ugu wanaagsan ee lagu yareeyo fursadaha lagu qaado hargabka sanadlaha ah iyo ku faafinta kuwa kale. Xataa carruurta kurayda ka yar iyo kuraydu aad ayay uga xanuusan karaan hargabka oo waxay ku faafin karaan kuwa kale. Marka carruurta kurayda ka yar iyo kuraydu ay qaataan tallaalka hargabka, gaar ahaan waa u lama huraan kuwan leh xaaladaha caafimaadka raaga sida xiiqda, cudurka

Wakhtiga ugu wanaagsan ee la qaato tallaalka hargabka waa degdeg ka dib marka la heli karo bulshaddaada, rayi ahaan Oktoobar. Marka ay wanaagsantahay in la tallaalo ka hor hargabku intaanu bilaabin oo ku sababin jirro bulshaddaada, tallaalka hargabka waxa uu noqon karaa mid faa'iido leh ilaa inta fayraska hargabka ay wareegayaan, xataa Janaayo ama ka dib.

### Goormaa ilmahayga la tallaalayaa?

Wakhti wanaagsan oo lagu helo tallaalan waa muddada baahditaanka sanadlaha ah. Ilmahaaga kurayga ka yar ama kurayga waxa uu sidoo kale heli karaa tallaalkan baadhitaanka jidhka ee loogu baadho ciyaaraha, dugsiga, ama kaamka. Waa fikrad fiican in la waydiiyo dhakhtarka ama kalkaalisada sanad kasta haddii ay jiraan wax tallaalo uu ilmahaagu u baahan karo.

### Maxaa kale ee aan ka ogaan lahaa tallaaladan?

Tallaaladan waxaa dhammaan loo daraaseeyay si feejigan oo waa badbaado. Waxay sababi kari saamayn degen, sida boog ama guduud qayb gacanta ah marka cirbada la siiyo. Qaar kurayda ka yar ama kuraydu way suuxi karaan kadib qaadashada cirbida. Fadhiga ama jiidida marka la is muddayo iyo ka dib ilaa 15 daqiiqo ka dib cirbada waxay caawisaa ka hortaga suuxdinta. Saamaynta tallaalka xun waa dhif. Aad ayay muhiim u tahay in dhakhtarka loo sheego ama kalkaalisa haddii ilmahaagu uu qabo wax xasaasiyado halis ah, ay ka mid yihiin xasaasiyadaha yiiska, dheecaanka geedka, ama ukunta digaaga, ka hor inta aanay qaadan wax mudditaan ah.

### Sideen ku helaa caawimada bixinta tallaaladan?

Barnaamijka Tallaalada Carruurta (Vaccines for Children, VFC) waxa uu siiyaa tallaalka da'aha 18 sano iyo ka yar, kuwaas oo aan caymis ku jirin, kuwa u qalma Medicaid, Maraykanka Hindida ama Dhaladka Alaska. Waxaad ka heli kartaa wax badan oo ku saabsan barnaamijka VFC addoo onlay ka gelaya [www.cdc.gov](http://www.cdc.gov) oo ku qoraya VFC bogoska raadinta.

### Xageen wax badan ka baran karaa?

Kala hadal dhakhtarka ilmahaaga ama kalkaalisada wax ku saabsan tallaalka ay u baahanyihiin. Waxaad sidoo kale ka heli kartaa wax badan oo ku saabsan tallaalkan Websaydka CDC's Vaccines for Preteens and Teens [www.cdc.gov/vaccines/teens](http://www.cdc.gov/vaccines/teens).

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**Wisconsin Department of Health Services**

Division of Public Health

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Web [www.cdc.gov/hpv](http://www.cdc.gov/hpv)

